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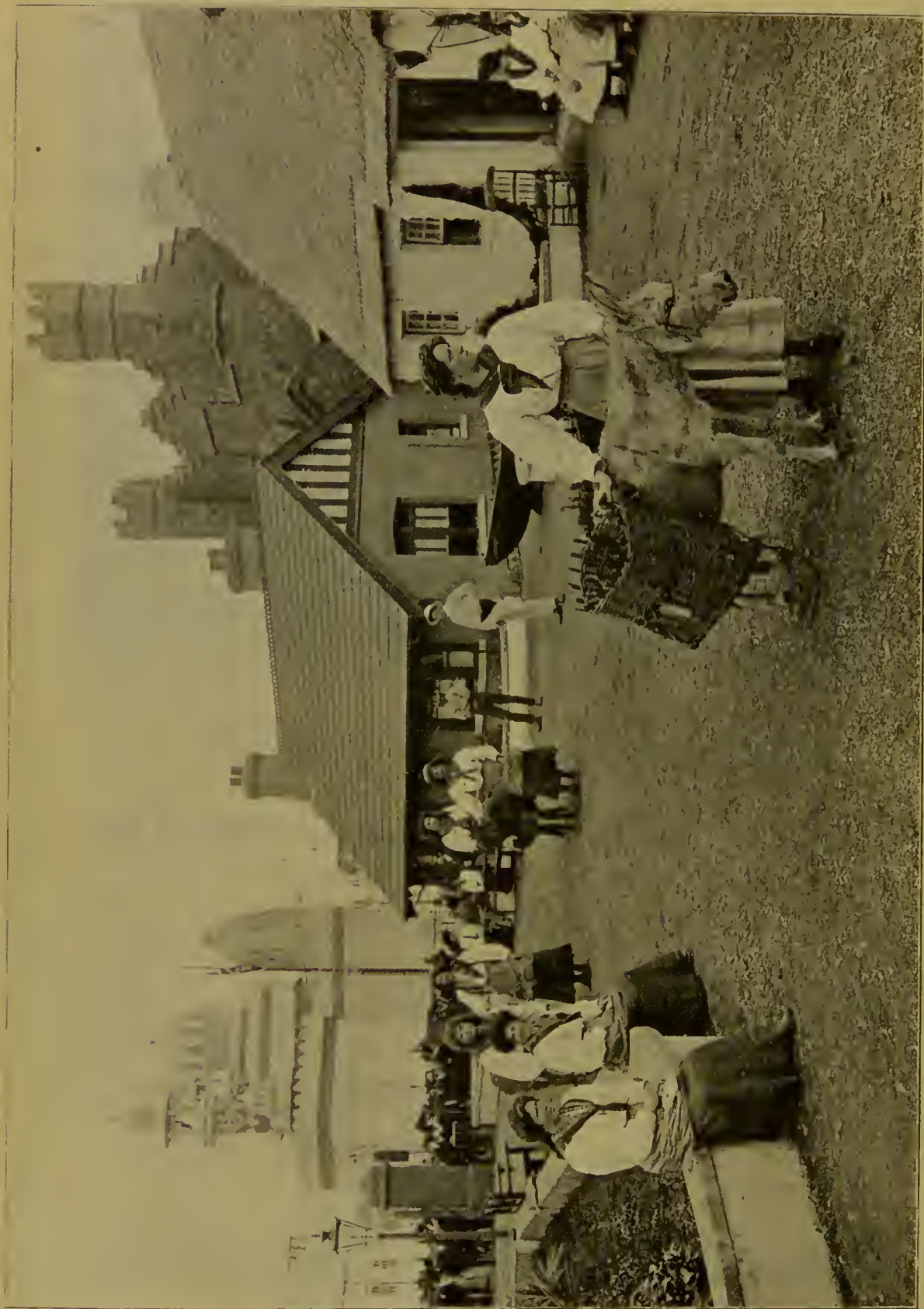
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THE IRISH VILLAGE AT THE FRANCO-BRITISH EXHIBITION.

# Good Health

An Illustrated Monthly Magazine Devoted to  
Hygiene and the Principles of Healthful Living.

Entered at Stationers' Hall.

VOL. 6.

Special Exhibition Number, taking the  
place of the August Number, 1908.

NO. 8

## BALLYMACLINTON AND THE CRUSADE AGAINST TUBERCULOSIS IN IRELAND.

Some Particulars Concerning One of the Most Remarkable and  
Successful of Modern Health Movements.

(a)

THE Franco-British Exhibition possesses many rare attractions, but we have no hesitation in saying that the man who is interested in the great world movement towards better health and the abolition of preventable diseases by the adoption of hygienic and sanitary measures, will first of all betake himself straight to the pretty Irish village, which bears the musical name, Ballymaclinton. He will go there first because in various ways it is the thing most worth seeing, and in

a mammoth exhibition offering so many attractions, one finds it necessary to make a wise selection of places to visit in order to obtain the most satisfactory results.

Wherein, it may be asked, lies the unique interest of the Irish village. Chiefly in this, that it is part of a well-organized crusade to expel tuberculosis from Ireland. As already intimated, the movement towards better hygienic conditions and the stamping out of preventable diseases, especially of tuberculosis, which

yields so readily to sane methods of attack, is making more or less headway in all civilized countries; but in Ireland, under the magnificent leadership of Her Excellency, Lady Aberdeen, a particularly well-organized and aggressive campaign is being carried on. Two travelling exhibitions

are going from place to place, taking in turn city, town, and hamlet, telling the people the truth about tuberculosis in popular lectures given by qualified medical men, picturing it before them by striking diagrams,

and by the exhibition of actual pathological specimens.

The Irish Village at the Franco-British Exhibition is part of this national movement. In fact the Tuberculosis Exhibit, which is housed in the fine Village Hall, includes a full set of valuable charts and specimens used in connexion with the lectures, as well as literature dealing with the movement. But more of this later. While the Tuberculosis Exhibit alone is well worth the modest sixpence charged





for admission to the village, it forms only a very small part of the concern, the whole profits of which, however, go to swell the funds for fighting this dread disease in the Emerald Isle.

Healthy Ireland, young Ireland, happy, care-free Ireland of song and story, is to the front in this delightful village, with its

erection. the identical windows, rafters, stairs, and other woodwork of the original cottage have been used. The furniture is also old and genuine, and one must say as much for the occupants, especially the cheery soul who knits in front of the peat fire, while the teapot simmers on the hob. The earthen floor is Irish, as well as the



impressive background of ancient Irish cross and church and tower of Kilcullen.

Once pass under the massive castellated gateway, with its grim portcullis, and, if you love Ireland, you will feel its soft spell stealing over you, for you will see familiar Irish scenes and hear melodious Irish voices on every side.

Just around to your right is the McKinley Cottage, in which the ancestors of the late American President lived. It is a typical yeoman's cottage, and in its

old wooden porringers and the utensils on the wall.

Coming out of the cottage, you may stop for a few minutes to watch the fair colleens engaged at lace-making in the open air, and perhaps to follow the rapid flights of the jaunting-car, and note the cows and donkeys wandering about the village.

The Round Tower of Kilcullen will carry your mind back into the remote past, when Ireland's fame as a centre of light





INTERIOR OF THE M'KINLEY COTTAGE.

and learning was known from afar, and the ancient church by its side, which is a replica of "the one on the lonely island of Arranmore, off the coast of Galway,"

and contains some exceedingly interesting tablets, will repay careful inspection.

About this time you will probably be attracted to a stone building on the right,

where the famous McClinton's soap is being manufactured and sold. For more than a hundred years this soap, whose mild emollient nature has made it very popular in many different parts of the world, has been made by the old process, using the ash of plants instead of caustic soda. Here it can be seen in the making, while at



[By courtesy of Messrs. Kennan, Dublin.]

OPEN-AIR CHALET FOR CONSUMPTIVES.



COLLEENS AWAITING THE KING.

adjoining counters obliging maidens, dressed picturesquely in green and red costumes, display the finished product to prospective customers.

Irish linen is well represented by the linen loom factory of Messrs. Robinson and Cleaver, housed in a pretty, two-roomed, thatched cottage on the left, and it is difficult to say which is the more interesting, the process or the finished product.

You will probably enter next a fine, tiled building of red brick, which is devoted to the exhibits of the Royal Irish Industries Association and the Irish Art Companions. The former, it will be remembered, was started by

Lady Aberdeen in 1886, during Lord Aberdeen's first term as Lord Lieutenant, and has been instrumental in increasing the sales of Irish products. The Irish Art Companions is an organization devoted especially to the production, collection, and sale

of Irish works of art in plaster, also books, linens, black-thorns, china, and other goods useful or ornamental.

Passing on a little farther, you come to the Fisherman's Cottage, which is built of cobblestones gathered on the shore, and is provided with a thatched roof. Beside the door is a *coragh*, or canvas boat such as is used by these hardy fishermen.

On the opposite side, beyond



LADY ABERDEEN.

President of the Women's National Health Association of Ireland.



the City Hall, is Morton's Carpet Factory, where rows of comely Irish colleens weave the prettiest of carpets and rugs.

Next to the street lies the Model Cottage, which is a replica of the cosy homes built by Messrs. Mc Clinton for their employés at Donaghmore, Tyrone. It is a neat, four-roomed cottage, and is let for 2/- a week, together with a half-acre of ground for use as a garden.

In the rear of this cottage stands the Art Gallery, containing a fine selection of paintings by some of the leading Irish artists.

On the left of the entrance on the outside is the Vegetarian Restaurant, which was opened early in July and bids fair to become a very popular as well as educationally helpful feature. Mr. Robert Brown, chief proprietor of the village, has given much study to the causes

of tuberculosis, and is a firm believer in the value of a natural diet as a preventive against this disease. The restaurant will accordingly furnish its tables with the best

that nature offers in the way of fruits, cereals, nuts, and vegetables, together with pure dairy products. There will be no slaughter-house products.

The village forge is one of the most attractive features, and is always surrounded by a crowd for whom the Cork smith turns out lucky horse shoes. Some one asked him what part of Wales he came from, and he replied in his rich brogue



BALLYMACCLINTON.

'Shure, you may well say that, for I'm, that mesmerized since I came here that I could not tell you whether I'm a German or a Jew.'

A word is due the bright-eyed colleens, who give so much colour and life to the





village. It would be hard to find in any country a prettier and yet more modest set of girls. Their fine complexions, due we must suppose in part at least to Mc-Clinton's Soap, which they all use, might well be the envy of many more fashionable ladies.

We have enumerated very briefly a few of the features of interest, but to us the individual exhibits, while good in themselves, are chiefly valuable as contributing to the delightful impression one carries away of the village as a whole. There is an old-world atmosphere which one hardly expects to find in an industrial exhibition. Everything bears the stamp of genuineness and sincerity. The visitor feels he is in actual contact with Irish life, its poetry and romance, its abounding joy and its deep pathos. The village hall, where fresh

young voices sing the Irish songs, the cheerful lace-makers, the ponies and the jaunty-cars, the thatched cottages and the ancient cross and tower, all unite to form a picture which will not easily be forgotten.

The village takes on added interest when one realizes that it exists for the purpose of furthering the great fight against tuberculosis in Ireland, and freeing the land from the plague which carries off some 12,000 of her fairest sons and daughters every year.

Mr. Brown has been working for years to improve the national health. In the April number of GOOD HEALTH we told something about his heroic efforts to get the windows open and improve the diet amongst the working people of Donaghmore and vicinity. Something like a year ago he sent two young women to take a course of



training at the Battle Creek Sanitarium, in order that when they return they may engage in educational health work amongst the labouring classes.

In 1902, at a Belfast meeting of the British Association, Mr. Brown read a paper on "The Increase of Consumption in Ireland." As this paper gives in compact form the chief points which are being emphasized in the present campaign, it may be well to give a brief summary:—

Referring to possible causes, the damp climate was often blamed; but the western counties had by far the heaviest rainfall, yet there the death-rate from consumption was considerably less than in the eastern counties. Moreover, towns in very wet districts of Scotland had materially lowered their mortality from this disease.

He thought the sanitary authorities were slack in the performance of their duties, and tolerated a state of filth which



The writer stated that whereas in other countries progress had been made in combating the disease, in Ireland the victims were more numerous year by year, one-sixth of all deaths being due to it, and one-half of all deaths between the ages of fifteen and thirty-five.

The following figures show the progress of the disease.

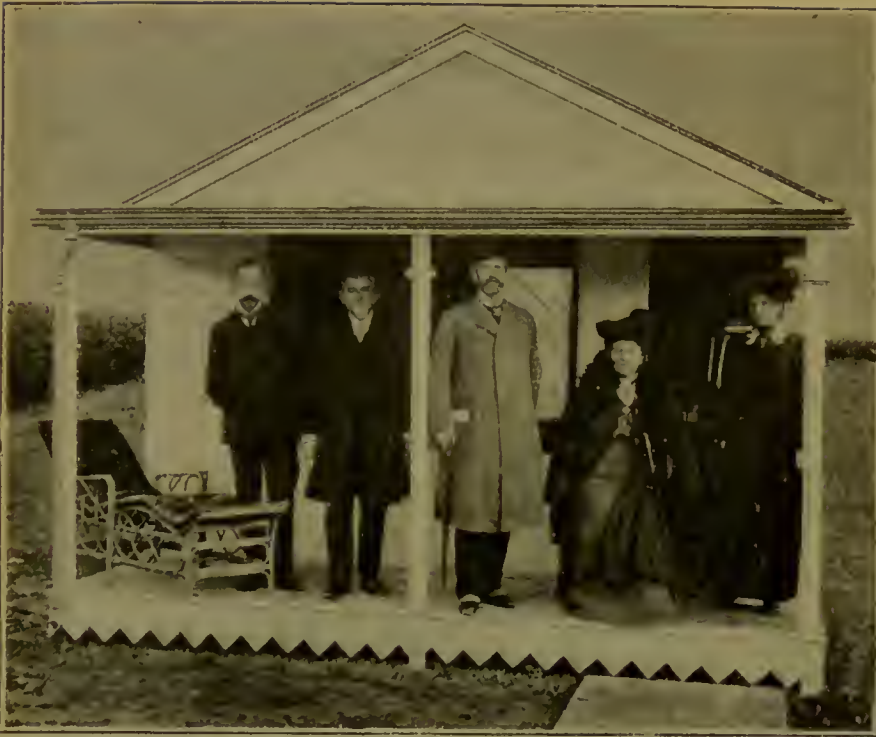
Deaths from consumption per thousand of the population:—

AVERAGE.	ENG. & WALES.	IRELAND.
1870-1875	24	19
1880-1885	19	21
1895-1900	14	21
1901-1905	12	21.5

would not be permitted elsewhere. Bad housing accommodation accounted for a good deal, and unfortunately in some cases the replacing of hovels with modern cottages made things worse instead of better, because the occupants knew nothing about ventilation, and the plastered houses were air-proof as well as weather-proof, whereas the old loosely-built houses let in fresh air on all sides, while the expired air escaped by the hole which let out the smoke.

Drink was doubtless responsible for a great deal of consumption in Ireland. Bad





[Courtesy of Messrs. Kennan, Dublin.]

OPEN-AIR CHALET (Lord Lieutenant in centre ; Lady Aberdeen on his left).

food was an equally important factor. The increased use of bread and tea as the chief diet of the working-classes was sapping their vitality and making them increasingly liable to consumption. It was not merely that tea itself was injurious, but it enabled those who took it to put up with a dietary which they would have found unsatisfying were not the stomach's cravings temporarily dulled by a narcotic. A very large proportion of the working-classes took strong, stewed tea three to five times a day, and it was certainly not doing them good.

Vigorous measures ought to be taken in the direction of disinfection of houses and premises where tuberculous patients had died.

In 1907 the Women's National Health Association of Ireland was formed, under the leadership of Her Excellency, the Countess of Aberdeen, which is making most encouraging headway. At the outset it was decided that one of the first duties of the Association would be to fight tuber-

culosis. Inquiry elicited the fact that an Itinerant Tuberculosis Exhibition had been found of great value in other countries. It was accordingly resolved to carry on such an exhibition in Ireland.

The exhibition, having been successfully formed, was opened October 12th in a section of the Dublin International Exhibition by the Lord Lieutenant. It remained in Dublin nearly a month, the excellent lectures given

nightly in the large hall being so well attended that many people had to be turned away.

From Dublin the exhibition began to tour the country. So much was it in demand that it had to be duplicated, allowing for a northern and a southern circuit, and the two exhibitions have up to the present writing visited some fifty odd towns and villages.

The exhibition remains about a week in each town. The mode of procedure is somewhat as follows :—

A large hall is taken, and at one end of it what are known as the "Contrast Bedrooms" are divided off. One is the hygienic room, with linoleum on the floor, simple, unstuffed furniture, clean wall paper, and muslin curtains to an open window. In the other room there is a bed with heavy top-curtains and valence, a dirty carpet, torn, dirty wall-paper, dusty ornaments, and a closed window. Specimens of diseased organs and bones, human and animal, are shown in bottles, also



various hygienic appliances. Literature in the form of excellent tracts and leaflets, reprints of lectures, etc., is on sale, and in the evening a popular lecture is given on some phase of the campaign.

Everywhere the exhibition has been warmly welcomed, the local medical men and clergy, as well as the members of district councils and boards of guardians, giving their hearty co-operation. The evening lectures, which have been given

Scientific facts have been presented in a popular style, so as to be intelligible to the masses. Cleanliness of person and premises, care as to the disposal of the sputum, the need of fresh air day and night, and of a varied and wholesome diet—these primary principles, as well as the facts concerning the very high death-rate from this disease in Ireland as compared with other countries, have been brought home to the minds and consciences of the hearers, enforced by



INTERIOR FISHERMAN'S COTTAGE.

chiefly by local doctors and surgeons, have been a very important feature of the enterprise. Dr. William Osler, Professor of Medicine at the University of Oxford, gave the initial lecture in Dublin, and was followed by such well-known men as Sir Robert Matheson, LL.D., Registrar for Ireland, Sir John Byers, Professor of Midwifery, Queen's College, Belfast, Dr. Lindsay, Professor of Medicine, and others like them. The lectures have been of the most helpful and telling character.

the display of pathological specimens and striking diagrams.

The work, as a whole, is going rapidly forward, and bids fair to take on greater dimensions in the near future. Lady Aberdeen's splendid organizing ability and large experience, no less than her glowing enthusiasm, give her supreme fitness for leading in this great national effort, and she is having the loyal support of the Irish people everywhere.

It is hoped that the Tuberculosis Ex-



HEALTHY.



UNHEALTHY.

THE CONTRAST BEDROOMS AT THE TUBERCULOSIS EXHIBIT.

hibit, which is such an important part of the Irish Village at the Franco-British Exhibition will enlist the interest and sympathy of large numbers, and that there will be those who will wish to give liberally toward the support of such a magnificent project. Surely Irishmen in every part of the world cannot but feel the deepest interest in this well-organized effort to stamp out the disease which is ruthlessly destroying so many promising young men and women every year. Moreover, this is really a world question. All health questions are international in character. Wherever disease is fought on rational lines and a victory gained for humanity, thither right-minded men and women of all nations must turn their eyes.

One of the things most needed just now is a well-equipped tuberculosis van that could be used in carrying this exhibition into the small villages and out-of-the-way places where there is no public hall. It is also desired to raise money with which to pay the salaries of visiting health nurses in the various districts, who could assist in caring for consumptive patients who are being nursed at home. Sanatoriums are likewise needed, it being a proved fact that the death-rate from tuberculosis has decreased most rapidly in those countries which are liberally provided with sanatoria.

As already stated, the entire profits of the

Irish Village will be devoted to this work. The initial cost will be little short of £35,000; but it is hoped to realize this and a substantial surplus. What a fine thing if some wealthy Irishman were to offer to double any sum raised, say up to £5,000. It would be hard to find a nobler use for one's money. Much good work has been done in health lines during the last twenty-five years; but we know of no movement on the whole so excellently organized, that has succeeded so admirably in utilizing all existing agencies, and in accomplishing definite results, as has the Women's National Health Association, founded by Her Excellency, the Countess of Aberdeen. It seems to be in the fullest sense a model health organization, and we hope and expect that Ireland's splendid example will be copied in many countries.

Certainly every reader of GOOD HEALTH who is able to do so will want to visit the Irish Village and make a personal study of the interesting charts, pathological specimens, "Contrast Bedrooms," and other things there to be seen. He will find the attendants most obliging. Mr. Robert Brown himself and his brother and partner in the enterprise, Mr. David Brown, as well as the advertising manager, Mr. H. B. Amos, are generally on the ground, and can be seen by persons desiring additional information.

## WHAT WE KNOW ABOUT TUBERCULOSIS.\*

BY WILLIAM OSLER, M.D., F.R.S.

*Regius Professor of Medicine in the University of Oxford.*

In the past twenty-five years there has been an extraordinary increase in our knowledge relating to tuberculosis. We know *eight* things about the disease thoroughly.

*In the first place, we know the germ—*

\*From a lecture given at the Tuberculosis Exhibition in Dublin, under the auspices of the Women's National Health Association of Ireland.

the cause. We can pick it out as easily as you pick out a beech-nut from other nuts. Give, for example, Professor McWeeny a group of these germs, and he will pick out that of tuberculosis as easily as a farmer will sort oats from wheat.

*Secondly, we know whence it comes—* its two great sources, the sputum of affected individuals, of persons affected



with consumption, and, secondly, from the milk of tuberculous cows.

*Thirdly, we know how it gets into the body.* It is taken in through the breath and swallowed with the food. In these two ways the germ enters.

*Fourthly, we know what happens to the germ when it enters the body.* Like seed sown in any other way, it illustrates again the old story—the parable of the sower. Some of the seed, you remember, fell by the wayside, and the birds of the air picked it up. Fortunately, a great many of the germs of tuberculosis fall by the wayside and never get into us. Some of the seed falls on stony ground, and, as you remember in the parable, it does not flourish because of the lack of depth of earth. And just so, into a certain number of us these seeds of tuberculosis enter; but fortunately we are of rocky constitutions, and they do not develop. And some of the seed fell among thorns, and the thorns sprang up and choked it. Now it is a very fortunate thing for some of us that we have a thorny constitution, and when the germs get into us there may be a growth for a short time, and they may thrive and develop, but in a little while thorns spring up. In other words, the constitutional resistance is so great that the germs are killed, and the patient is cured. But, alas! too much, indeed, falls on good ground, and you know then what happens. It brings forth a hundredfold, and tuberculosis in some form results.

#### **How the Ground Is Prepared.**

*Fifthly, we know how the good ground is prepared.* It is well to remember that the seed is not everything—the seed is everywhere, we inhale it every day—it is the soil that is the important thing. Now, how do we prepare the ground for the seed that it may grow to tuberculosis? There are the three “bads”—bad food, leading to ill-nutrition, which is the great preparation of the ground; bad air in

wretched habitations and miserable cabins; and bad drink, alcohol. Those are the three “B’s” for you to remember with reference to the preparation of the soil for consumption. And just as a farmer has not his crop of grain unless he cultivates the ground properly, and prepares it and fertilizes it, so the great majority do not get tuberculosis if they avoid these three “B’s” and do not cultivate a body-soil proper for its growth.

*Sixthly, we have learned how to recognize the disease.* Upon this point I need not enlarge further than to say that we now get the cases earlier.

*Seventhly, we have learned how successfully to prevent it.* And it seems so easy—first by the destruction of the germ, and secondly by making the soil unsuitable.

Then, *eighthly, we have learned how to cure the disease.* There were many doctors long before our day who recognized how tuberculosis was to be cured, but it takes a good while to get wisdom into the profession—even longer sometimes than to get it into the public. It took us a good while to learn how to cure consumption. But we know how to cure it to-day *if only we can get the cases early.*

And, *lastly, for your great consolation, we know that the disease is not hereditary, and for this let us be thankful.*

---

### **A Comforting Thought.**

“How long shall I have to lie here helpless?” asked a young woman of her doctor after a painful accident. “Oh, only one day at a time!” was the cheerful answer. The patient declared afterward that it did her more good than she could tell all through the weeks until she was well again. So with any disappointment or trial that comes into young lives, the great fact that it has to be borne only a day at a time is the thing to think about instead of crying out: “How long must I suffer?”—*Selected.*



## THE NATURE OF DISEASE AND ITS CURE.\* (c)

BY ALFRED B. OLSEN, M.D.

DISEASE is a result of physical wrongdoing—physical sin. One or other of the vital organs, or several of them, fail to do their duty, or do it improperly. In other words, the functions become perverted, and there is a varying derangement of the vital machinery. There is discord in the tune of life, and either the physical or the mental state or both may be affected.

### Lack of Ease.

The natural ease and comfort of a healthy life are wanting, and disease (lack of ease) and discomfort take their place. The joy of living ceases, and in its place come *ennui*, pain, and distress. Buoyancy of spirits, exuberance of life, happiness in mere existence, a healthy optimism, all disappear, and in their place we have irritation, annoyance, aches, sorrow, depression, melancholia. The living machine is out of gear, and vital functions are hindered and subverted.

### Harmonious Equilibrium.

The various vital phenomena, the sum total of which go to make up what we call life, are absolutely dependent on the interchange of matter. Inert matter in the form of food of various kinds is received into the body daily, and serves to nourish, strengthen, and energize life. This inert matter is assimilated into the living cells, where it receives the spark of life, and temporarily becomes a part of the living body, till, after having served its purpose,

once again it becomes dead matter, a waste substance which must be eliminated from the system as soon as possible.

In health the constructive and destructive forces are nicely balanced, and there is a state of equilibrium between the food supplied and the tissue wastes. Both constructive and destructive forces are constantly at work, the first leading to life and health and happiness, the second to disease and misery and death. And they are equally necessary, and even equally beneficial, as long as there is a harmonious equilibrium. The destructive processes reduce vitality and sap the springs of life, while the constructive processes heal the breach and re-create the body daily.

### Life-Giving Forces.

The body is endowed by the Creator with certain forces which make for health and have a neutralizing and destructive effect upon the breaking-down processes that are also at work. These healing and life-giving forces are constantly in action conserving life and defending the body from disease. The potency and effectiveness of these healing processes vary according to the physical and mental state. In robust health they are most powerful and efficient, and life is in a state of relative safety, while in ill-health the life-giving forces are more or less weakened and inefficient, hence the body is more susceptible to the invasion of disease.



**Health Spontaneous.**

Thus it will be readily seen that good health depends chiefly upon maintaining a high degree of vital resistance. Fortunately, the natural tendencies of the body itself are all towards health, and sound health may rightly be expected under favourable circumstances. But the environment is by no means always favourable; the nutritional supplies furnished are often unwholesome and unsuitable, and the habits and routine of daily life are very likely to hinder and subvert health. Consequently, there is a constant fight against various conditions and circumstances that would undermine health and destroy life.

**Physiological Supplies.**

To keep the human engine running requires fuel and a certain amount of repairs. Food furnishes both. In its broadest sense, food includes air and water as well as the various aliments taken at mealtime.

The food supply is a vital consideration, and one that has very much to do with our daily health and physical efficiency. Food serves two purposes; as fuel it produces heat and muscular energy, and as building material it furnishes the necessary repairs. The daily losses of the body through the stress of wear and tear are made good by the food. In the course of a few hours, the dinner, after digestion and assimilation, becomes a part of the blood, and is dis-

tributed to the various organs and tissues of the body as required.

The food should be readily digested and assimilated, and then is capable of repairing the body and furnishing it with strength. Plain, wholesome food, possessing sustaining and strengthening properties rather than that which merely tickles the palate, is required.

**Wholesome Food.**

The normal sense of hunger makes the plainest food tasty and delicious. Without hunger, that is, without the call of nature for food, one is not justified in eating. It is under a condition of repletion and surfeiting that artificial hunger must be created by taking various condiments, spices, rich sauces and savouries, and stimulating articles. All of these are unwholesome, and none of them should be resorted to except in sickness and disease, when it is



NURSES OF THE CATERHAM SANITARIUM.

often desirable and necessary to make the food as attractive and appetizing as possible to induce the patient to take it. But even in such cases it is rarely necessary to resort to unwholesome stimulation.

A large part of the sickness and disease of this life would disappear if every one made it a rule to eat only when really hungry, and then to take no more than the body required.

**Muscular Exercise.**

Activity is characteristic of life. It is by activity that life manifests and supports



itself. A quiet, sedentary life is not wholesome, and does not make for health. Food is of little value unless it is oxidized, that is, utilized by physical activity of some sort. All of the numerous functions of the body are encouraged and stimulated by muscular exercise.

#### Immunity from Disease.

That nature intended man to be free from disease is evident from his fine constitution and the resisting forces with which he is endowed. Immunity from disease depends primarily and chiefly upon the vital power of the body to resist its invasion. But this means a strict avoidance of the numerous causes which open the door to the invader. Unfortunately, ignorance also plays an important part, and superstition is the twin-brother of ignorance. Many are misled concerning the real nature of disease and the various causes that lead up to an attack.

#### Alcohol and Disease.

Take the striking example of alcohol and its use as a beverage. There are thousands of people to-day who do not have the slightest knowledge of its true effect upon the human body. They still



ON THE HILLS OF HEALTH.

believe that alcoholic beverages are not only wholesome, but exert a healing and beneficial effect upon the body. There is scarcely any belief that could be farther from the truth.

Alcohol is distinctly and emphatically a tissue poison. The direct effect of alcohol is to shrivel and harden the tissues, and thus destroy them. These destructive, morbid changes are exerted upon practically every tissue, nay, every living cell, of the body. Consider the dwarfed, hardened kidney of Bright's disease, or the hobnailed liver, or the fatty heart, or the hardened, brittle, inelastic arteries of the apoplectic. These are only a few of the evils caused by the use of alcohol.

#### The Best Stimulants.

Alcohol is often recommended as a stimulant, but this is a great mistake, for its real, permanent effect is that of a narcotic depressant. There are natural, wholesome stimulants that are unappreciated and overlooked. In our opinion the best as well as the cheapest stimulants are light and air. Wholesome food, too, is an excellent stimulant and also a strengthener. And what is more refreshing and exhilarating than a brisk morning walk in the country after a good breakfast?



IN NATURE'S LAP.

Exercise under such conditions is a genuine tonic and pick-me-up.

### **Cure of Disease.**

The cure of disease is not found in the medicine bottle or the pill box, but comes from within the body, from the vital centres. The *vis medicatrix naturæ*, i.e., nature's remedy, lies within the body, and must be encouraged and favoured by supplying the physiological needs of the body. These needs consist mainly of light, warmth, air, water, food, exercise, sleep, and such other physiological remedies as bathing, massage, electricity, and similar therapeutics.

### **Pain-Killers.**

It has long been known that drugs do not cure disease. Powerful drugs often do bring relief and alleviate pain and suffering by benumbing and paralyzing the nerves, but that is not cure. The use of anodynes for ameliorating pain, while giving temporarily a certain amount of comfort and relief, is by no means a natural process, or without harmful effects. In a comparatively short time, varying according to the constitution and temperament of the patient, both brain and nervous system become exhausted and enervated, and the outcome is neurasthenia or some form of chronic invalidism, or even insanity. Too often drugs not only fail to cure, but also aggravate the condition by their poisoning effects upon the body, and sometimes they bring on new disorders.

### **Shun Quackery.**

Of all things beware of the medical quack, of advertised medicines and pills, and of the nostrum vender. The millions of pounds spent annually in this enlightened land on liver pills, big or little, blood tonics, stomach draughts, headache powders, pain-killers, and universal cures of all sorts is a sad commentary on the intelligence of the inhabitants. These cure-

alls and tonics are really a most prolific source of disease.

Whenever it is necessary to resort to medical measures, the family physician should be consulted, and no drugs of any kind should be taken until specifically prescribed.

### **Natural Cure.**

It is, however, nature alone that truly invigorates and strengthens. The results of the natural cure are both beneficent and permanent. The outdoor life, where one comes in contact with the wondrous works of the Creator, has a truly quieting and soothing effect upon the weary, throbbing nerves. The influence of the majestic trees, of the beautiful flowers, and the green grass, is restful. The merry music of the birds has hope and good cheer for every one.

A life out-of-doors, combined with baths of various descriptions skilfully given by trained nurses, together with massage, manual Swedish movements, medical gymnastics, and the application of various forms of electricity, all these are rational methods of relieving pain and suffering; moreover, they are the surest means available for assisting the weakened body in throwing off the disease which burdens it, and once more building up health and strength.

### **Training for Health.**

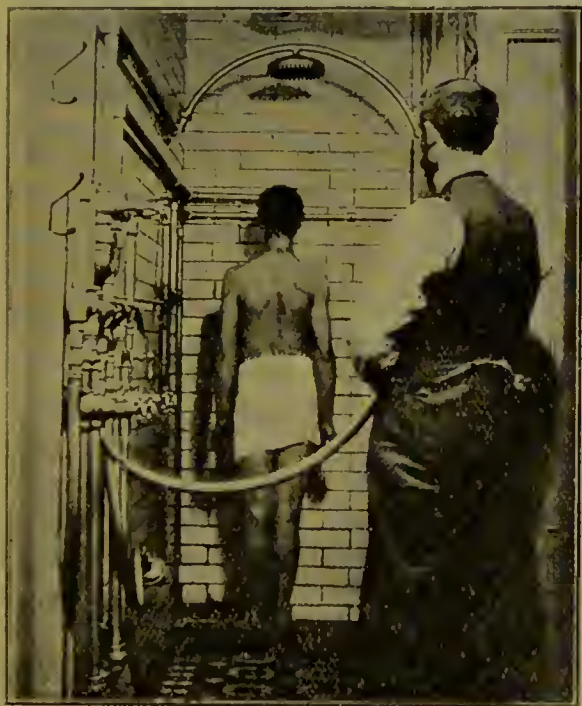
Good health is largely the result of patient physical culture and persistent body training. Many people, from one cause or another, have fallen into various pernicious habits, all of which are, perhaps slowly, but none the less surely, undermining health and weakening the fighting forces of the body. It behoves such to examine their personal habits and daily routine rigorously, in the light of physiological laws, and then to lay aside those that do not promote sound health.

### **Hurtful Habits.**

In the category of unwholesome habits



we might mention the use of alcohol as a beverage, already referred to, cigarette-smoking and the use of all forms of tobacco, the free use of tea (also a nerve poison), a sedentary life, neglect of sleep, irregular habits, eating between meals, excessive flesh-eating, over-eating, and the use of rich and indigestible foods, neglect of bathing, exercise, ventilation, unhealthy dress, and, last, but perhaps most important of all, waste of vitality by secret indulgence and the abuse of the marital state.



A NATURAL TONIC.

There is scarcely any one thing that is more likely to sap the vital centres of the body and break down both physical and mental health than habits of impurity. Many a promising young man or woman has become a fretful, irritable, life-long invalid by such indulgence, and many others have finally landed in the asylum.

#### To Overcome Evil Habits.

To all who have indulged in health-destroying habits of one kind or another, and want to be free from the bondage, we would say, take your courage in both hands, brace up your moral character, and

determine to master your habits and not let them master you. Strengthen your will power by using it and exerting it day by day. If you are really in earnest and fully determined, you will gain a glorious victory and reap an abundant reward.

Keep on trying more energetically and with greater determination, and with the help of the Almighty you will win the battle, and gain for yourself a worthy heritage.

#### Remove Causes.

All these harmful habits, with many more not mentioned, must be regarded as the real *predisposing* and often the *exciting causes* of disease. They are the causal factors; disease in some form or other is the natural and inevitable result. Unwholesome habits of any kind enervate the system, lower vitality, sap the life springs of the body, and directly increase susceptibility to germs and various parasites as well as other agents of disease, opening, as it were, the door to the invasion.

Now the first step in the cure is to search out the underlying causes, and, having discovered them, to see that they are promptly removed as far as possible, even though at some personal sacrifice of taste and inclination. Give up the wrong habits, and discipline both mind and body by adopting a simple, natural mode of life that will conduce to sound health and a long, useful, happy life.

#### Conclusion.

From this brief and rambling presentation of the subject, we think it will be clear to every reader that disease and premature death are the result, mainly, of careless habits of life and lustful indulgence, while good health and long life are the legitimate fruit of careful personal hygiene, wise sanitary precautions, simple and wholesome living, and a brave, virtuous life.



## WHAT THE WHITE RACE MAY LEARN FROM THE RED MAN.

BY GEORGE WHARTON JAMES.

THERE is no question but that our civilization is in many respects superior to that of the American Indian, and yet it is doubtful whether we are aware of the many good things that he might teach us. It is as dangerous for a nation to become conceited as it is for an individual. The larger one's head grows, as a rule, the lesser become his powers of perception as to the merits of other people. Unfortunately, in our dealing with the aborigines of any country we are likely to look too little upon their virtues and too much upon their vices. It is my purpose in this article to set forth a few of the things in which we might benefit by emulating the untutored savage.

The Indian is an absolute believer in the virtue of the outdoor life, not as an occasional thing, but as his regular, set, uniform habit. He *lives* out-of-doors; not only does his body remain in the open, but his mind, his soul, are also ever there. Except in the very cold weather his house

is free to every breeze that blows. He laughs at "draughts:" "catching cold" is something of which he knows absolutely nothing. When he learns of white people shutting themselves up in houses into which the fresh, pure, free air of the plains and deserts, often laden with the healthful odours of the pines, firs, balsams of the forest, cannot come, he shakes his head at the folly, and feels as one would if he saw a man slamming his door



\*This is the first of a series of intensely interesting articles. Mr. James writes from first-hand knowledge of his subject, having spent a number of years living among various tribes of Indians in the Western part of the United States.—EDITOR.



in the face of his best friend. Virtually he sleeps out-of-doors, eats out-of-doors, works out-of-doors. When the women make their baskets and pottery, it is always out-of-doors, and their best bead-work is always done in the open. The men make their bows and arrows, dress their buckskin, make their moccasins and buckskin clothes, and perform nearly all their ceremonials out-of-doors.

Our greatest scientific fighters against tuberculosis are emulating the Indian in the fact that even in the winter of the East they advocate that their patients sleep out-of-doors. Pure air, and abundance of it, is their cry.

"Taking cold" comes not from breathing "night air," but generally from inflammation of the mucous membranes, caused by impure air—the air of a heated room from which all the pure air has been exhausted by being breathed again and again into the lungs of its deluded occupants, each exhalation taking with it a fresh amount of poison to vitiate the little good that remains.

In their outdoor life the aborigines use as few clothes as possible. When I first

began to visit the Havasupais and the Hopis and Navahoes, it was a common thing to find all the children of both sexes,

almost up to the age of puberty, running around in a state of unashamed and unconscious nudity. And the men, too, save for the breech-clout, also enjoyed this freedom of the body from clothes. They know what our physicians are slowly learning, that the exposure of the body to air and sunlight affords new avenues of strength, health, power, and life into the body. Disease flees from pure air saturated with sunlight. So these men expose themselves habitually to the open. I myself have learned the habit, and whenever and wherever possible—when I am in the secret canyons and silent deserts—I throw off my clothes, and let sun and air penetrate to my "inmost parts" through every pore in the skin.

The effect upon the mind and soul of the Indian as the result of his outdoor life

is remarkable to those who have never given it a thought. One of our poets once said: "The undevout astronomer is mad." And every Indian will tell you that the undevout Indian is either mad or "getting



civilized." The Indian sees the divine power in everything. God speaks in the storm, the howling wind, the tornado, the



hurricane, the roaring rapids and dashing cataracts of the rivers, the never-ending rise and fall of the ocean, the towering mountains and the tiny hills; the trees, the bees, the buds and blossoms.

This belief compels the Indian to a close study of Nature. Hence the keenness of his powers of observation. He knows every plant, and when and where it best grows. He knows the track of every bird, insect, reptile, and animal. He knows all the signs of the weather. He is a past-master in woodcraft, and knows more of the habits of plants and animal life than all of our trained naturalists put together. He is a poet, too, withal, and an orator, using the knowledge he has of nature in his thought and speech. No writer that ever lived knew the real Indian so well as Fenimore Cooper, and we all know the dignified and poetical speech of his Indian characters. I know scores and hundreds of dusky-skinned Henry D. Thoreaus and John Burroughs, John Muirs, and Elizabeth Grinnells, and Olive

Thorne Millers. Indeed, to get an Indian once started upon his lore of plant, tree, bird, or animal, is to open up a flood-gate which will deluge any but the one who knows what to expect.

The Indian believes absolutely in nasal breathing. Again and again I have seen the Indian mother, as soon as her child was born, watch it to see if it breathed properly. If not, she would at once pinch the child's lips together and keep them pinched until the breath was taken in and exhaled easily and naturally through the nostrils. If this did not answer, I have watched her as she took a strip of buckskin and tied it as a bandage below the chin and over the crown of the head, forcing the jaws together, and then with another bandage of buckskin she covered the lips of the little one. Thus the habit of nasal breathing was formed immediately the child saw the light, and it knew no other method.

As one walks through the streets of every large city, he sees the dull and vacant eye, the inert face, of the mouth-breather; for, as every physician well knows, the mouth-breather suffers from lack of memory and a general dullness of the intellect. Not only that, but he habitually submits himself to unnecessary risks of disease. In breathing through the nose, the disease germs which abound





in our city streets and are sent floating through the air by every passing wind, are caught by the gluey mucus on the capillaries of the mucous membranes. The wavy air passages of the nose lead one to assume that they are so constructed expressly for this purpose, as the germs, if they escape being caught at one angle, are pretty sure to be trapped in turning another. When this mucus is expelled in the act of "blowing the nose," the germs go with it, and disease is prevented. But when these germs are taken in through the mouth, they go directly into the throat, the bronchial tubes, and the lungs, and if they are lively and strong, they lodge there and take root and propagate with such fearful rapidity that in a very short time a new patient with tuberculosis, diphtheria, typhoid, or some other disease, is created. Hence, emulate the Indian. Breathe through your nose; do not use it as an organ of speech. At the same time that you care for yourself, watch your children, and even if you have to bandage them up while they are asleep, as the Indians do, compel them to form early this useful and healthful habit of nasal breathing.

But not only do the Indians breathe through the nose. They are also experts in the art of deep breathing. The exercises that are given in open-air deep breathing at the Sanitarium each morning show that we are learning this useful

and beneficial habit from them. When I first began to visit the Hopis, in North Arizona, I was awakened every morning in the wee sma' hours, as I slept in my blankets in the open at the foot of the mesa upon which the towns are located, by cow-bells, as if a number of cows were being driven out to pasture. But in the daytime I could see no cows or any evidence of their existence. When I asked where they were, my questions

brought forth nothing but a wondering stare. Cows? They had no cows. What did I mean? Then I explained about the bells, and as I explained, a merry laugh burst upon my ears. "Cows! Those are not cows. To-morrow morning when you hear them, you jump up and watch.

I did so, and to my amazement I saw



AN OPEN-AIR NURSERY.

fleeing through the early morning dusk a score (more or less) of naked youths, on each one of whom a cow-bell was dangling from a rope or strap around his waist. Later I learned this running was done as a matter of religion. Every young man was required to run ten, fifteen, twenty miles, and even double this distance, upon certain allotted mornings, as a matter of religion. This develops a lung capacity that is nothing short of marvellous. In my book, "The Indians of the Painted Desert Region," I have told of tremendous distances run by these men as a matter of course; of one old man of

seventy who often ran, over the hot desert, forty miles out, hoed his cornfield, and then ran back, within the space of twenty-four hours.

This great lung capacity is in itself a great source of health, vim, energy, and power. It means the power to take in a larger supply of oxygen to purify and vivify the blood. Half the people of our cities do not know what real, true life is, because their blood is not well enough oxygenated. The people who are full of life and exuberance and power—the men and women who accomplish things—generally have large lung capacity, or else have the faculty of using all they have to the best advantage.

To a public speaker, a singer, a lawyer,

a preacher, or a teacher, this large lung capacity is invaluable; for, all things else being equal, the voice itself will possess a clearer, more resonant quality if the lungs, the abdomen, and the diaphragm are full of, or stretched out by, plenty of air. These act as a resonant sounding-chamber, which increases the carrying quality of the voice to a wonderful extent.

It is needless to add that every Indian woman is intelligent enough to value health, lung capacity, and the power to speak with force, vigour, and energy, more than she values "fashionable appearance;" hence not one of them can be found in their native condition foolish enough to wear corsets.

## SWIMMING FOR HEALTH AND PLEASURE.

BY ADELE LEONTINE SINGER.

WHEN the ancient Romans wished to express extreme contempt for a man's ignorance, they exclaimed: "He can neither swim nor write!" In Roman estimation, swimming came first, because, forsooth, of what avail is writing to a drowning man? They esteemed swimming as the best exercise to develop strength, courage, and beauty of body, and considered it indispensable to a good education. They believed in the symmetrical development of the body; and swimming is the very "cream" of exercises for bringing about this desired end. As a means to the prevention and cure of disease it has not received nearly its just share of attention. There is hardly a chronic ailment which it would not benefit. First and foremost among its inestimable advantages is that it is an absolutely symmetrical exercise; that is, the entire muscular system is employed in its use, in the same manner, with both sides of the body. The limbs, the chest, the abdomen, the back—in short, the whole body—is thoroughly exercised in correct swimming.

It is at the same time the safest of exercises, in that there is no danger of straining any one muscle from over-use, of developing one side or one limb more than another, or of injuring internal organs.

Let us examine the movements required in swimming. First, the position of the swimmer in the water: He should lie flat on his chest and stomach, the legs perfectly straightened, heels touching, the arms extended full length before him, palms touching, fingers and thumbs close, so that the hands will form good oars by which to push back the water and thus propel the swimmer. It requires very little motion of the right kind merely to keep on the surface of the water, and it ought to be the duty of every parent or guardian of a child to instruct the little one as soon as possible in the simple art of sustaining itself in the water. Untold accidents would thereby be prevented, and the now dreaded liquid would no longer be regarded so much in the light of an enemy to life.

God intended us to swim; in proof of



which assertion I would cite the numerous instances in which man in primitive con-

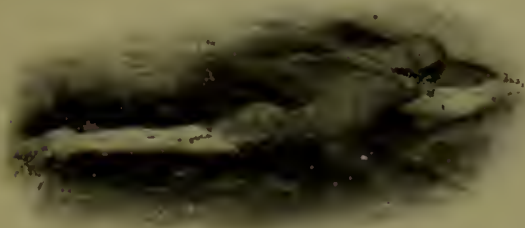


FIG. I. REST POSITION.

ditions sustains himself in the water without any difficulty the first time he is thrown into it by accident or by the design of an enterprising parent. The South Sea Islanders are all magnificent natural swimmers, and as much at their ease in water as on land. Thus we see that civilized man has to a great degree lost the inestimable benefits of the water so abundantly provided by the Creator. Swimming with us, instead of being the natural exercise for practical, every-day use, has degenerated, if I may so express it, into an art or a science which most of us acquire only after long practice. Let not this statement; however, discourage anyone from attempting to learn swimming, as one can enjoy its immense benefits long before he becomes an expert.

To revert to the movements necessary in swimming: After assuming the correct position, let the beginner practise first the arm movements. The chest should be well lifted, and should never be quite de-

flated of air; I cannot too strongly emphasize the necessity of deep, full, regular breathing with every motion in swimming. If the chest is well lifted and the abdomen drawn in, the body forms a bow which is canoe-like in its buoyancy. Now separate the arms by turning the palms away from each other and spreading out the arms until they form a straight line with the shoulders. Keep the fingers firmly against each other all the time. A deep inspiration should accompany this movement. Now bend the elbows until the hands meet under the chin, the fingers pointing forward, having turned the palms until they meet again; then extend the arms forward, and the original position is reached.



FIG. II. Spreading out the arms until they form a straight line with the shoulders.

These movements are made in three counts. Rest position is the starting-point, and is always reached on count three. On count one, the arms are spread as first described; count two, hands under the chin, palms touching; on count three, the arms slant forward with energy. It is very important that at this last count there should be a pause for rest. If the swimmer breathes well, he can lie on the water absolutely motionless for a short time, and take a rest between strokes. This rest is the secret of the easy, graceful, enduring swimmer. It is a fact that when a thing is done easily and gracefully, it is done rightly. This is a natural law, and applies to any physical exercise. A good swimmer is always a graceful swimmer.

The leg motions are especially valuable

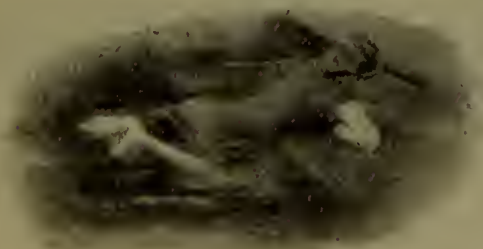


FIG. III. Flex the knees by drawing them under the abdomen.

for those who have inactive digestive organs. They induce a thorough, yet not violent, exercising of the abdomen, and undoubtedly assist in the restoration of prolapsed viscera to a proper position.



FIG. IV. Kick the feet out toward each side with force.

Practise this motion, at first bracing the body on a board or against any firm place by leaning on it with the hands. Lie perfectly flat, chest well lifted, breathing deeply with the movements of the limbs. First movement, flex the knees by drawing them up under the abdomen, not simply bending the knees and throwing the feet up, a mistake made by all beginners and poor swimmers. Second movement, kick the feet out toward each side with force, straightening out the limbs and bringing the heels together. At this point the body is perfectly straight, hands touching, heels touching. Upon the force and decision of the shooting forward of the arms from under the chin, and the kicking back of the legs from under the abdomen, depends the length and effectiveness of the stroke. A good swimmer should make a stroke as long as his own body. The best way to teach a person to swim is to give him at first what may be called a "dry" lesson; that is, have the movements performed out of the water first, then suspend the subject by a rope fastened to a belt around the waist and let him practise the movements separately in the water, being very particular about the breathing and the rest at count three. In combining the leg and arm movements, the arms start at one, the

leg motions coming in with counts two and three.

When well done, swimming is an art. It is not to be learned in a week, but anyone may have all the physical benefit of the exercise by practising in shallow water with a life-preserver at first, and gradually weaning himself from this, learn to support the body in the dreaded water, which is really the greatest means we have to health and life.

Many make the great mistake of remaining in the water too long. A weak person should stay in not more than five minutes the first time, gradually increasing the time to fifteen minutes, which might be the limit for anyone below normal vitality. The writer never occupies more than twenty minutes in fresh water or half an hour in salt water, and the entire time is spent in vigorous swimming, accompanied by breathing that fills every cubic inch of lung capacity. Years of this exercise have developed a chest far above the average in breathing power, and assisted greatly in the development of the entire muscular system.



FIRST ARM POSITION.





SECOND ARM POSITION.

The mental effect of swimming on invalids able to practise it cannot be surpassed. The exercise is so absorbing and interesting that "peristaltic woes" are forgotten for the time, and those who have slack appetites and slow digestion will receive marked benefit.

Swimmers have a poise and carriage of body, a self-control, and a courage gained so largely by no other exercise. It is, of course, best to learn in childhood or early youth, but I counsel every one, no matter what his or her age may be, if able to do so, to pursue the art of swimming even "if it takes all summer." Never hold the breath when learning to swim, or raise the arms out of the water, or struggle. Try to believe that you are lighter than water, and that unless unnatural actions prevent, it is bound to hold you up, just as it would a small vessel built on right principles.

In closing, I would lay special stress on the importance of swimming for women. Take off your corsets and heavy skirts, never to put them on again; beautify your figure and put life into your flabby muscles by a daily practice of swimming.

Stay in the water until the exercise has put you into a glow; then dry rapidly, finishing the good work by a short walk in the sunshine, after which lie down for a short time. Do this steadily for a few months, and you will indeed be a "new woman" in the right sense of the word.

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THIRD ARM POSITION.



## *Pleasant Summer Holidays.*

*By M. Ellsworth Olsen.*

A WISELY-SPENT summer holiday gives its cue to the whole working year. It is conceivable that a man does better work in winter because his summer vacation took him out under the open sky, and gave him time for quiet thought and restful communion with nature. Vacations, moreover, are a great asset healthwise. The man who lives long and well is usually the one who knows how to use them aright.

As a general rule, when there is a talk of holidays, the question immediately presents itself, Where shall we go? But this is by no means the most important question. Let us rather ask, What shall we do? What spirit shall we take with us? What mental atmosphere shall we breathe during these precious days which are to give us renewed strength for the arduous and sometimes grimly monotonous toil of the year to come?

Shall we leave crowded London, or Manchester, or Glasgow, only in order to elbow our way amongst the noisy crowds at some popular seaside resort? Shall we rest from our useful labours only that we may waste our energies on dissipation? Shall we pursue so eagerly after pleasure as to lose happiness by the way?

The writer is old-fashioned enough

to think that the modern craze for amusement is not wholesome. Recreation is a necessary element in every well-rounded life, and young people of all classes should have opportunities to gratify this perfectly natural desire; but they should not require exciting amusements in order to be happy. A healthy, well-poised life will find happiness in common ways. A walk along a country lane in summer amidst birds and trees and flowers will send a thrill of delight through every nerve if one is at all responsive to natural beauty. That man must be of a very sluggish and obtuse nature who requires the garish sights of music-hall and variety entertainments in order to be happy.

Happiness for the healthy-minded





person, man or woman, spells out-of-doors. Count that vacation a failure which has not brought you closely in touch with nature in all her moods, taught you to love and reverence her laws, which are God's laws, and given you some quiet hours in which to retire, as it were, within yourself,

"He who works not cannot play,  
Cannot feel the sun."

Asked for a good motto for the Outdoor Club, some one suggested: "See your own country first." The sentiment is a praiseworthy one. Many a much-travelled Englishman knows little of the charms of



THE CHILDREN'S HOUR (WEYMOUTH).

and think some wise, brave thoughts in reference to the future.

It doesn't matter very much where you go, so long as you have something of a change. The essence of a vacation is change. It is because the average man has to work pretty hard during the remainder of the year that his summer vacation should bring him rest. If he had idled away the working part of the year, then the best vacation for him would be strenuous work for nine or ten hours a day.

his own fatherland. For quiet, homelike beauty and ordered loveliness, there is nothing in the wide world quite equal to an English landscape. Nowhere else have man and nature worked together so harmoniously, or with such satisfying results. And the English weather, with all its vagaries, probably invites us abroad more days in the year than that of most other countries.

English seaside towns compare favourably with anything that one can find on the Continent. Each has its own peculiar

beauties. The Dorset coast presents many attractions, and it would be hard to find a more favourable spot than Weymouth\* for swimming, boating, and country-side rambles amongst scenes of deep historic interest. Delightful excursions to near-lying points may be made almost without number, and cycling and walking

interest them, likewise lovers of ancient architecture.

Of counties nearer London, Surrey is perhaps the most popular, its beautifully diversified scenery and numerous foot-paths making it peculiarly adapted to walking and driving. Caterham Valley is a delightful part, presenting a picturesque



THE HOLY WELL (MALVERN).

tours may alternate pleasantly with runs on the steamers.

Of inland health resorts, Malvern\* claims the lowest death-rate, and certainly its famous hills command magnificent views. Some sixteen counties of England and Wales may be seen from these hills on a clear day, and students of geology as well as of plant and bird life will find much to

array of partially wooded hills and rich green meadows. The air is most salubrious, and the village, being off the main road to the seacoast, retains a good deal of that quiet, peaceful character which forms the chief charm of English country life.

These places are simply given as typical of the best that England can afford, but others equally good might be mentioned. Even the large and most crowded places, like Brighton, offer opportunities for

\*A postcard sent to the town clerk will bring to any reader of *GOOD HEALTH* a beautiful booklet giving the accompanying views and many other illustrations.



quiet. One need not always be in the presence of crowds unless one wishes.

Very likely some of our readers may not wish to spend money on a journey by rail or steamer. Let such try something near at hand. For an active, healthy young man, there is no better way of

spending the holiday than in a walking tour. Let him don a comfortable, well-worn suit, provide himself with a knapsack containing a few necessities, and then "take to the open road." Four or five hours' brisk walking will bring him into regions quite new to him, and from that time till he returns he will be making discoveries daily, yes, hourly.

It is surprising how many things a walker sees which are overlooked by the man who rides. Who catches the picturesque beauty and warm, rich colouring of



[By John Linnell.]

#### THE NOONDAY REST.

the harvest field, with sturdy reapers resting in the noonday sun? Who sees it to such advantage as the cheerful wayfarer, trudging along the footpath, with all his senses attuned to nature? Who so well as he, the day's journey accomplished, can enter into the serene beauty of a summer's eve, when the cows come home to be milked, and the thrush sings his vesper song from the tree top?

Walking seems to put one in touch with things. The free oxygenation of the tissues removes the veil, clears away the film from the eyes, and lets one see and feel real things. As Burroughs says, the walker "is not isolated, but one with things, with the farms and industries on either hand. The vital universal currents play through him. He knows the ground is alive: he feels the pulses of the wind, and reads the mute language of things. His sympathies are all aroused; his senses are continually reporting messages to his mind. Wind, frost, rain, heat, cold, are something to him. He is not



THE HOUSE OF JENNIE LIND (MALVERN).

merely a spectator of the panorama of nature, but a participator in it. He experiences the country he passes through—tastes it, feels it, absorbs it; the traveller in his fine carriage sees it merely."

The walker should be a privileged character. He carries neither gun nor rod, but only his trusty walking-stick. Signs

accepted, and legal proceedings are instituted, the plaintiff will be obliged to prove that the damages you have inflicted exceed the shilling, which will be impossible if you have conducted yourself with the good sense and inoffensiveness that should always characterize the brotherhood of walkers. Keeping in mind this bit of advice



HAPPINESS.

warning off trespassers are not for him. Sensible landowners and farmers do not blame him for preferring footpaths and meadows and even turnip-fields to the dusty, motor-infested highways; but should any less considerate people think otherwise, a word of counsel may be dropped. If an owner threatens proceedings for trespassing, just take out a shilling, and offer it to him, saying: "I offer you this shilling to pay for any damages your property may have sustained by my crossing it." If the shilling is accepted, you have paid your damages. If it is not

(which was given by a barrister), and with your shilling in your pocket, you may safely ignore the unbecomingly-worded signs, which are intended for the uninitiated, and pursue the even tenor of your way over mountain, hill, and dale.

Walking tours, of course, may not suit the needs of all holiday-makers, but walking should be a part of the daily programme, whether the vacation is spent at the seaside or in the country. It is the best all-round exercise, and is suited to the needs of women as well as men. It is a perfectly safe form of sport, is not likely



to be carried to excess, and has a wholesome influence upon the activity of all the organs of the body.

To mention some other essentials of a profitable holiday, it is very important to get plenty of sleep; and to make sure of this, it is well to retire early. Active outdoor pursuits during the day, and refreshing rest by night in a well-ventilated bedroom, or better still in a tent or out in the open—these are the elements of wise holiday-making.

It may be well to add a word as to the best food. Here, again, the principle should be to get back to nature. Simple and wholesome fare, with hunger as a sauce, and good cheer as an appetizer—what more does one need? It is well to eat out-of-doors as often as possible. Good food takes on added flavours from



MILKING TIME.

[By Yeend King.]

the fresh air. Blessings on the man or woman who invented picnics! Let us have more of them! But let the picnic basket not be desecrated with the rich, indigestible foods and highly-seasoned viands that so often appear on the table. Not the most delightful landscape, or the most perfect day, can off-set the unpleasant after-results of unwise eating.

A touch of altruism will not spoil a vacation. Business men thoughtful of holidays for their employees will derive added enjoyment from their own. Let us try to make the summer holidays pleasant for the children. For the delicate child there is nothing better than a few weeks at the seaside.

Whether, then, you spend your vacation at home or abroad, by the seaside, in town, or in the country, resolve to have a rest and a change; but let it be in the direction of a simpler and more natural life; go in for less amusement, more recreation and rest; less artificiality, more simplicity; less of the accessories, more of the real things that life offers.



BELLE VUE TERRACE (MALVERN).

## THE HYGIENE OF MOTHERHOOD.

BY ELLEN G. WHITE.

WHAT the parents are, that, to a great extent, the children will be. Especially does responsibility rest upon the mother. She, by whose life-blood the child is nourished and its physical frame built up, imparts to it also mental and spiritual influences that tend to the shaping of mind and character.

The carefulness with which the mother should guard her habits of life is taught in the Scriptures. When the Lord would raise up Samson as a deliverer for Israel, "The angel of Jehovah" appeared to the mother, with special instructions concerning her habits and also for the treatment of her child. "Beware," he said, "and now drink no wine nor strong drink, neither eat any unclean thing."

In the words spoken to the Hebrew mother, God speaks to all mothers in every age. "Let her beware," the angel said; "all that I commanded her let her observe." The well-being

of the child will be affected by the habits of the mother. Her appetites and passions are to be controlled by principle. There is something for her to shun, something for her to work against, if she fulfils God's purpose for her in giving her a child. If before the birth of her child she is self-indulgent, if she is selfish, impatient, and exacting, these traits will be reflected in the disposition of the child. Thus many children have received as a birthright almost unconquerable tendencies to evil. But if the mother unswervingly adheres to right principles, if she is temperate and self-denying, if she is kind, gentle, and unselfish,

she may give her child these same precious traits of character.

Very explicit was the command prohibiting the use of wine by the mother. Every drop of strong drink taken by her to gratify appetite endangers the physical, mental, and moral health of her child, and is a direct sin against her Creator.

Many advisers urge that every wish of the mother should be gratified; that if she desires any article of food, however harmful, she should freely indulge her appetite. Such advice is false and mischievous. The mother's physical needs should in no case be neglected. Two lives are depending upon her, and her wishes should be tenderly regarded, her needs generously supplied. But at this time above all others she should avoid, in diet and in every other line, whatever would lessen physical or mental strength. By the command of God Himself



she is placed under the most solemn obligation to exercise self-control.

The strength of the mother should be tenderly cherished. Instead of spending her precious strength in exhausting labour, her care and burdens should be lessened. Often the husband and father is unacquainted with the physical laws which the well-being of his family requires him to understand. Absorbed in the struggle for a livelihood, or bent on acquiring wealth, and pressed with cares and perplexities, he allows to rest upon the wife and mother burdens that overtax her strength at the most critical period.



Many a husband and father might learn a helpful lesson from the carefulness of the faithful shepherd. Jacob, when urged to undertake a rapid and difficult journey, made answer: "The children are tender, and the flocks and herds with young are with me; and if men should overdrive them one day, all the flock would die. I will lead on softly, according as the cattle that goeth before me, and the children, be able to endure." In life's toilsome way let the husband and father "lead on softly," as the companion of his journey is able to endure. Amidst the world's eager rush for wealth and power, let him learn to stay his steps, to comfort and support the one who is called to walk by his side.

The mother should cultivate a cheerful, contented, happy disposition. Every effort in this direction will be abundantly repaid in both the physical

well-being and the moral character of her children. A cheerful spirit will promote the happiness of her family, and in a very great degree improve her own health.

Let the husband aid his wife by his sympathy and unfailing affection. If he wishes to keep her fresh and glad, so that she will be as sunshine in the home, let him help her bear her burdens. His kindness and loving courtesy will be to her a precious encouragement, and the happiness he imparts will bring joy and peace to his own heart. The husband and father who is morose, selfish, and overbearing, is not only unhappy himself, but he casts gloom upon all the inmates

of his home. He will reap the result in seeing his wife dispirited and sickly, and his children marred with his own unlovely temper.

If the mother is deprived of the care and comforts she should have, if she is allowed to exhaust her strength through overwork or through anxiety and gloom, her children will be robbed of the vital force and of the mental elasticity and cheerful buoyancy they should inherit. Far better will it be to make the mother's life bright and cheerful, to shield her from want, wearing labour, and depressing care, and let the children inherit good sound constitutions, so that they may battle their way through life with their own energetic strength.



PAIN is a signal of danger, a very necessity of existence. But for it, but for the warnings which our feelings



give us, the very blessings by which we are surrounded would soon and inevitably prove fatal. Many of those who have not studied the question are under the impression that the more deeply-seated portions of the body must be most sensitive. The very reverse is the case. The skin is a continuous and ever-watchful sentinel, always on guard to give us notice of any approaching danger; while the inner organs, where pain would be without purpose, are, so long as they are in health, comparatively (and the brain itself, the temple of thought, the seat of all suffering and enjoyment, entirely) devoid of sensation.—*Lord Avebury.*

## CORRECT BREATHING AND CHEST DEVELOPMENT.

Flat, Cramped Chest—Weakness and Disease.

Full, Rounded Chest—Power, Life, and Health.

BY WILLIAM M. SCOTT.

THE flat chest, round or drooping shoulders, and hollow cheeks, are the outward symptoms of weakness and low vitality and the precursors of consumption. And there are hundreds of persons in this condition who are only "half alive," their flat, cramped chests only admitting the minimum amount of oxygen into their lungs.

Consequently they lack vitality, have no "go," and are not sufficiently self-assertive to hold their own in the world. Very soon consumption or some other dread disease will settle upon them and carry them to the grave, whither they are already tending.

But we have another picture. Here is the man with upright carriage, full, deep, rounded chest, head erect, and eyes looking the world straight in the face—a leader and organizer of men, the world's hero. If a woman is so endowed, we say "she walks a queen." Such enjoy good health and, barring accidents, will be long-lived, because they have "vital capacity."

An abundance of pure air is the most constant and urgent necessity of animal

existence. Without it the body can neither begin nor continue its wonderful career—"God sendeth His spirit [breath] and we are created; He taketh away our breath and we die." The Biblical expression "breath of life" indicates the vital importance of this animating agent to man. From the same source of wisdom, we likewise learn that "the blood is the life." There must, therefore, be some intimate connexion between the two, and physiology indicates that such is the case. By that most wonderful of all processes, the oxygenation of the blood, which takes

place in the lungs, the oxygen or life principle in the "breath" gets into the blood, and is carried by the red blood cells to all parts of the body, to vitalize or give "life" thereto. Health is most vigorous and



FIGS. 1 and 2.

life longest when the supply is abundant and pure. What we want to do, is to increase our lung capacity, and this can best be accomplished by strengthening the muscles which hold the shoulders up and backwards, and also by bringing that muscle which has such direct connexion with respiration, the diaphragm, into more vigorous action. Lung capacity is further improved by an upright carriage.



**"Hold Up Your Chest! Throw Your Shoulders Back!"**

To the one with shoulder and back muscles weakened by disuse, it is difficult to obey this order, as also it is to sustain the posture if it has been assumed on the spur of the moment. The muscles involved have to be strong, and there must be a certain amount of vitality behind them to enable one to hold the chest up and shoulders back. But the exercises we are illustrating here—with, and several of those we have already given in previous articles during the past six months, will both give muscular strength and increase the vitality to such a degree as will make an upright carriage of the body easy, and ultimately it will be sustained with little effort.

**Exercise I.—Wing-Knee-Standing; Backward-Arching of Spine.**

Kneel on floor, hands on hips, knees nine inches apart, toes turned under. Slowly arch the spine backwards, making the arch greatest between the nape of the neck and the waist, instead of simply bending at the waist, which one is very apt to do. Here, again, a strong effort should be made to bring the shoulders backward and elbows together. Rise to first position, rest, and repeat three to six times. Figs. 1 and 2.

**Exercise II.—Wing-Standing; Deep-Knee-Bending with Deep Breathing.**

Again assume the erect standing posi-

tion. Place hands lightly on hips, drawing the shoulders well back and elbows toward each other. Rise high on the toes, inhaling a deep breath, then bend the knees and sink as low as you can without sitting on the heels, holding the trunk erect. Fig. 3. Rise to full height again, sink heels, and exhale fully. Repeat half a dozen times. If unable to hold the breath throughout the whole of the movement, inhale while bending and exhale while extending.

**Exercise III.—Bend-Standing; Arm-Stretching.**



FIG. 4.

Stand erect, heels together, toes out. Fig. 4. Bend the arms at the elbows until the fingertips touch the head of the humerus, drawing the shoulders forcibly backwards as if you were trying to make the elbows meet together behind. From this position, thrust the arms forward,

upward, outward-backward, and downward-backward. After each stretching of the arms be very particular to bring the arms smartly and strongly back to the initial position, but be careful not to shrug the shoulders—keep them down and backwards. Repeat a few times, rest and deep-breathe.

NOTE.—Before commencing to exercise, have the windows wide open; or, better still, be out in the open air. Have the clothing loose, and as little on as possible for protection. Put the mind into the thing, and feel that you are really exercising for life and health. In the deep-breathing, be particular to inhale fully, seeing that the region of the abdomen expands; and also be particular to exhale fully, seeing that the abdomen recedes.

## HARD WORK AND PLENTY OF IT.

### Agnes Weston's Recipe for a Long Life.

WHEN I promised GOOD HEALTH readers to give them some idea of what leading women thought on health matters, the name of the "sailors' friend" occurred to me among the first as that of a woman who was accomplishing a great life work.

Opportunely enough, I happened to be in Portsmouth a few days later, and after attending to other matters found my way late on Saturday night to the Royal Sailors' Rest, a well-lighted, cheery place, where a good many Jack Tars and their friends were making themselves very much at home. It could hardly be expected that Miss Weston herself would be there at such a late hour, but inquiry elicited the information that she was

just finishing up her day's work. A moment later I was ushered into the presence of a queenly woman, with clear, bright eyes, a rosy complexion, and an erect, vigorous carriage, the very embodiment of health and energy. It was hard to believe that this was the Agnes Weston, whose name and work had been familiar to me since boyhood. She seemed so young and fresh.

It was after ten o'clock, and a woman

sixty-eight years old might very properly have refused at that rather unseasonable hour to be catechized as to her attitude on health questions; but Miss Weston's good nature is proverbial. "You want my recipe for long life? It is simply this:

Hard work and plenty of it. Yes, and a sufficient amount of sleep. With an open bedroom window? Of course. Nowadays I require quite eight hours, and sometimes I take a little more. By using reasonable care and avoiding undue strain it is wonderful how much work you can get out of yourself. Keep on with what you have begun in life, and never retire."

"You evidently believe in the strenuous

life. Have you any further suggestions for keeping in the best working condition?"

"I think it is good, when you can, to live and work amongst young people. I am fortunate there. Our navy is a young navy. The boys in blue keep me young."

Asked her opinion of tight-lacing, Miss Weston replied: "A shocking habit, and bound to do a lot of harm. Tight boots





with high heels are nearly as bad. I believe they are injurious to the spine."

Did she think smoking, said to be increasing amongst club women, a good thing for the sex?

"I don't like it at all. Tobacco is a drug and a narcotic. Smoking is an artificially acquired habit, and especially unseemly in women. In fact," with a roguish twinkle, "I don't think it is a good thing for the men either; they would be far better without it.

"What do I eat?—My food is very plain and simple. I take little butchers' meat, never for breakfast, and use fruit and vegetables freely. As I get older, I

incline more and more towards vegetarianism. By the time I become as old as General Booth, I shall probably be a strict vegetarian.

"No, I have never depended upon stimulants of any kind. I have been a total abstainer for forty years, and even such a common beverage as tea I take very weak. I depend upon food for my strength."

Good, common-sense principles these, the reader will admit, and perfectly safe to follow. No wonder Miss Weston is the picture of good health and all-round physical efficiency. May she long be spared to carry on the unique work to which she has dedicated her splendid abilities!

## TUBERCULOSIS IN PARIS.

BY H. N. GREAVES, M.D.

IN an interesting article in "Le Monde Moderne," Dr. Samuel Bernheim, of Paris, brings forward facts concerning human tuberculosis which confirm the opinions of other physicians as to the conditions which have brought about in certain quarters so heavy a mortality from the "great white plague."

The population of Paris has almost doubled itself in the last twenty-five years; but the city's limits have not been extended by a foot. The increase in the number of houses has not begun to keep pace with the increase in population. How, then, are the additional inhabitants housed? Let the authorities answer: Rooms have been divided, and in some cases extra floors have been placed between others to increase the habitable space; every available yard of garden has been utilized to erect buildings, without regard to health or hygiene. Many rooms must be lighted day and night by gas, and some are without a single window.

Dr. Bernheim classifies the hotbeds of tuberculosis into three groups: (1) Those where four to nine persons occupy a

single room: (2) quarters in which tuberculous patients have died without disinfection; and (3) lodgings deprived of air and sunshine.

There is shown to be a close relationship of air and sunshine to the deaths from tuberculosis. *The death-rate from consumption is inversely proportional to the number of windows per capita.* To give a concrete example: In one ward of the city of Paris, where the number of windows *per capita* is 4·2, the death-rate from tuberculosis is 1·3 per 1,000 of inhabitants; whereas in another ward, in which the proportion of windows *per capita* is 1·8, the mortality from this disease is 8·2 per 1,000.

Persons living on the lower floors of apartment buildings, moreover, are more liable to tuberculosis than those living in upper stories, for the simple reason that the former are less exposed to the sun's rays. Tuberculosis is a disease that loves obscurity. Indeed, the germ cannot live in the sunlight for more than a few minutes, as has been shown by Koch and others. Paris alone loses 12,000 persons

per annum from tuberculosis, and if we remember that it is the flower of the flock that this disease selects, the fact becomes the more sad.

From every quarter evidence is coming in to show that air and sunshine are to be our saviours from tuberculosis. In quar-

ters where steps have been taken to bring back these beneficent gifts of nature, of which modern overcrowding has robbed us, the mortality has never failed to show a decrease. Concluding in the words of Bernheim, let us have "sunshine, always sunshine."

## CAMPING AMIDST THE ETERNAL SNOWS.

BY T. F. WILLMORE.

MANY of us now-a-days are in sympathy with the simple life without recog-

A companion and myself, both members of the Outdoor Club, decided to break away from the Londoner's traditional holiday at Brighton, and have a real open-air holiday on the Continent, taking with us a "pocket edition" tent.

A few throbs of the engine, a short passage on a panting steamer, and then a land of sunshine, blue sky, and colour. Past a thousand decaying cottages built with wooden frames and harled brickwork, past a thousand fields white with marguerites, and a thousand more burnished with the golden colza; and at last, Paris. A busy day seeing the sights. The second day we turned our faces towards the grapevines and the mountains. The close of this day saw us safe in Geneva. We commenced an easy walk round the northern shores



nizing its possibilities. We regard it as we do all our ideals—as unattainable.

Holidays in particular are looked upon as periods accompanied by special licence to disregard physical laws, instead of splendid opportunities to put them into practice.

of the lake. Many have tried, and none have succeeded, to describe the peculiar charm of the open road. To enjoy a walk one must go forth expectant, "in the spirit of undying adventure." The open road in Switzerland is without hedges, and is the great point of vantage from



which to observe the country's manifold life.

We eventually pitched our tent on the shore of the lake near Gland, in full view of Mont Blanc. The few days we spent here will always remain in our minds as red-letter days, days of unalloyed pleasure in "God's great out-of-doors."

It was a great pleasure to spend some time at the Sanatorium du Leman, where every rational convenience is provided for those in pursuit of health. Dr. de Forest, by means of the Sanatorium and his health magazine, "Le Vulgarisateur," is doing much to influence Swiss public opinion in favour of healthful living.

From here we made several mountain and lake trips. We climbed to the top of the Dole, a mountain in the Juras. This trip meant a walk of about thirty-five miles. After climbing all night, we reached the top in time to see the sun rise. The sight of our party ascending in single file the rocky bed of a dried-up mountain torrent, with our guide in front carrying the lantern, was one long to be remembered.

Then a day was spent in letting the blisters heal, and in washing and darning socks.

Following this we spent another day in making friends at Morges.

After visiting the castle of Chillon we started to climb the Rochers de Naye, one of the Swiss Alps at the eastern extremity of Lake Geneva. In spite of the guide-book, which advised that the ascent be made by an easy path through Glion, we endeavoured to climb right up the face of the mountain. We soon lost our way, and the climb became one we shall not soon forget. Hour after hour we clung to the mountain-side on hands and knees in the afternoon sun. We carried with us the tent and other necessities, as we intended to spend the night on the top of the mountain. These burdens made the ascent still more arduous. We were soon the worse for the want of water. Our lips became

painful and cracked. Our tongues were swollen and clinging to the roofs of our mouths. And still hour after hour we climbed, clinging to roots and shrubs which sometimes gave way, punctuating our ascent with a number of narrow escapes.

At one time when I was climbing several hundred feet in advance, my foot dislodged a huge boulder that narrowly missed my companion. We were both somewhat frightened by this adventure, and determined to climb together during the remainder of the journey.

#### **Snow Banks.**

Our thirst was almost past endurance, when we simultaneously caught sight of a huge snow-bank. Never was ice-cream more delicious.

After another half-hour or so we found a path leading to the summit, where we arrived about dark. The wind caused us a great deal of trouble while pitching the tent, but at last it was standing, looking very comfortable and inviting on a gentle slope a few feet from the top of the Rochers de Naye. We were surrounded by great banks of snow, some of them eight or ten feet deep.

How enviable is the simple life under such circumstances. Nature is prodigal with her gifts to those who visit her in unfrequented haunts, and she is never more gracious than to those who seek her in unaffected simplicity, eating her own gifts of breads and nuts and fruits, camped amidst solitudes and the eternal snows.

Campers who are not able to take a trip to Switzerland can make an almost equally interesting tour in Scotland or North Wales. In either place we have Switzerland in miniature, and the amateur will not have to meet the difficulties that he would farther away from home. I should be glad to furnish anyone who desired it a suggestive route for a short trip in either country.



THE WORKINGMAN'S WEEKLY BILL OF FARE.

BY W. H. WAKEHAM.

AN article entitled "Scientific Cheapness," dealing with the question of "How to feed a family of five on 12 9 a week," appeared in the London "Daily News" recently. Attention is called to a food chart, published by the York Health and Housing Association, which gave sample supplies for a week, by way of illustrating this sort of economy. It is stated that Professor Atwater "demands for a man of average weight, doing moderately hard work, sufficient food [daily] to supply 4½ ozs. of protein, the same quantity of fat, and 16 ozs. of sugar [starch];" or for the five persons for seven days, 157½ ozs. of protein, 157½ ozs. of fat, and 560 ozs. of sugar, aggregating 875 ozs. of water-free food. "The dietary set out supplies," it is claimed, "almost exactly these amounts." It reads as follows :—

Food for a Week.

2½ lb. Oatmeal at 2d.....	0 4½
16 lb. Flour at 1/4 stone.....	1 6½
5 lb. Wbeaten Flour at 1/8 stone.....	0 6½
1½ lb. Treacle at 2d.....	0 3
6 ozs. Jam at 4½d. lb.....	0 1½
3 lb. Sugar at 2d.....	0 6
14 lb. Potatoes at ½d.....	0 7
2 Turnips and 4 Carrots.....	0 2
½lb. Barley, 1½d.; ¼ lb. Rice, ½d; 12 ozs. Lentils, 2d.;	
1 lb. Green Peas, 2½d.....	0 6½

3½ lb. Onions at 1d.....	0 3½
½ lb. Figs at 3d.....	0 0½
½ lb. Currants at 4d.....	0 2
8 ozs. Tea at 1/3.....	0 7½
6 ozs. Cocon Essensee at 10d. per lb.....	0 3½
5 lb. Meat—Liver, 6d.; Shin of Beef, 6d.; Breast of Mutton, 4½d.; Scrag End of Mutton, 6d.; Scrap Beef, 4½d.....	2 2
1 lb. Tripe at 6d. lb.....	0 6
½ lb. Bacon at 7d.....	0 3½
½ lb. Cheese at 6d.....	0 3
8 quarts Skim Milk at 1½d.....	1 0
11 Herrings at 9d. per doz.....	0 8½
2 lb. 15 ozs, Dripping at 5d.....	1 2½
Sundries—Baking Powder, Ginger, Herbs, Yeast, Salt, Pepper, etc.....	0 4½
Bones.....	0 2
Total.....	12 9

This is a serious piece of work. Judged by generally accepted standards, and assuming that it is an effort to tabulate the amount of foods of the type generally taken by the working classes, without reference to wholesomeness, it may pass muster. But who can help noticing the inferior character of much that is offered. "Dripping," "scrap beef," "scrag end of mutton," and other scraggly things! And then there is "tripe"! "Where bowels are in other bowels closed." And "liver," the strainer rag of the body, the absorber of ptomaines and various metallic poisons, whose cells are reeking with partially formed excretory



matter! Surely these are not ideal materials for building strong, healthy bodies.

Then, one who wishes to live healthfully can dispense with such questionable luxuries as baking-powder, ginger, pepper, etc. The eight ounces of tea can also be omitted by the economically inclined. Tea has practically no food value; and is simply a nerve stimulant. The seven-pence half-penny would better be expended for milk, which is both food and drink.

On closer examination, we find this dietary seriously defective. By no method of analysis known to us can it be made to yield the amount of food elements stated above. A liberal estimate gives 87'8 ozs. protein, 73'4 ozs. fat, and 434'1 ozs. sugar (or starch), which is a long way below the figures given by Professor Atwater (see above), which it professes to follow. We are free, however, to express our conviction that Professor Atwater's figures are unnecessarily liberal, indicating, no doubt, not the actual needs of man, but the average amount of food ingested by the usually over-fed, well-to-do American. Numerous experiments by Chittenden, Kellogg, and others seem to indicate that a low-proteid diet gives better results, and that two ounces to three ounces of protein a day for each person is amply sufficient. The amount of fat also seems very large. Voit, after "much experimentation and from voluminous data," estimates the proportion as follows: Of proteid 118 parts, of fat 56, and carbohydrates (sugar and starch) 500 parts. And Harrington says that this is "generally regarded as the most accurate estimate obtainable."

An old friend of mine used to say: "Never take away a bone from a dog unless you can give him a piece of meat." Having shown the insufficiency of the "bone," we now offer the readers of GOOD HEALTH something which more than takes its place, and at the same cost, viz., a really healthful, clean, and blood-

less dietary for a family of five, for one week:—

### An Alternate Dietary.

Food.	Protein.	Fat.	Sugar and Starch	Total Nut'te Val'e	Cost.
	oz.	oz.	oz.	oz.	s. d.
24 lb. Flour.....	42.2	4.2	298.8	333.0	2 7½
3 lb. Oatmeal.....	5.7	2.9	32.2	43.2	6
2 lb. Rice.....	2.2		25.0	28.0	4
4 lb. Beans.....	14.8	1.3	32.0	49.1	8
2 lb. Lentils.....	8.2	.7	16.0	25.2	4
21 lb. Potatoes.....	6.7		66.0	73.0	10½
3 lb. Tomatoes (tinned)...	1.0			3.2	4½
2 lb. Onions.....	.5			1.2	2
12 Eggs.....	3.0	2.2		5.2	1 0
14 qts. Milk (skimmed)...	17.9	4.5	16.2	40.4	1 9
1 lb. Dairy Butter.....		14.0		14.0	1 0
3 lb. Coco-Nut Butter.....		45.0		45.0	1 6
4 lb. Sugar.....			4.0	45.0	8
4 lb. Apples.....	.3		4.5	8.0	10
Salt and Yeast.....					1½
Total.....	102.5	74.8	525.7	721.5	12 9
Total value of dietary issued by the York Health and Housing Association for comparison.					
	87.8	73.4	434.1	651.5	12 9

We do not set this forth as a model bill of fare; but it certainly meets all the actual needs of the labouring man, and can be varied greatly without increasing the cost. Those who can afford it can add fresh fruit, and in the place of the peas and beans some of the many nut preparations that are on the market can be substituted. And if one is in the habit of buying really good meat, the substitution for it of fruits and nuts will not increase the cost of living. A glance at the totals of the two dietaries reveals ours to be vastly superior in the amount of protein, also in sugar, and slightly better in the amount of fat.

In lieu of the usual beverages, tea or coffee, we have supplied a liberal quantity of milk, a glass of which (hot) sipped slowly or eaten with nicely toasted bread makes an excellent breakfast. If the condiments are left out there will not be such a craving for drink; and if fresh fruits and vegetables are eaten, and all food is thoroughly masticated, no liquid of any kind will be needed at meal-time. If such a diet seems insipid, remember that our palates may be trained to enjoy that which is good. All our tastes and inclinations should be brought into harmony with the laws of life and health.



## GET OUT-OF-DOORS.

BY H. J. WILLIAMS, M.D.

IT is really marvellous how rapidly digestive disorders and respiratory difficulties and a host of other disorders and difficulties vanish completely when large and constant doses of Nature's "*out-of-doors*" are taken.

This is a good time of the year to begin to form the open-air habit. Unlike drugs, "*out-of-doors*" is a medicine whose cumulative effects we do not fear. In order to get the best results, it is very important that the administration or taking of this remedy be constant, especially at night. Every one cannot give up his business or vocation and seek outdoor employment (although this is the ideal), but every one can live out-of-doors at night, if not entirely, at least in a bedroom with wide open windows, winter and summer. If you, my gentle reader, have not tried this treatment, begin now; the results will surprise you. Where is the harm if you awake in the morning and find a little rain on the floor, as long as there is nothing near the window or in the room that will be the worse for a little wetting?

It will be best of all if you can sleep right out-of-doors, on a veranda, on the roof, in the garden, in a nest up in the trees—anywhere, so it is out-of-doors. Have a thin waterproof that you can throw over the bed-clothing if a shower

comes on, or take up your bed and walk under shelter if necessary.

There is undoubtedly no better lung tonic than deep breathing of Heaven's pure, fresh air constantly. There is no greater lung depressant, in fact, general depressant, than what has been styled "the bedroom climate." There is no better digestive or nerve tonic than *out-of-doors*. The appetite is sharpened and improved, and the blood, which plays such an active part in digestion, is purified, thereby ensuring a more perfect manufacture of digestive juices and a general toning up of the whole vital system. Join the Outdoor Club, and be an active member.

### The Cup and the Bottle.

THE late Dr. Mary Wood-Allen was pronounced opposer of all stimulants. At one time she was a guest for a week in the home of one of the most earnest workers in the W.C.T.U. At breakfast coffee was offered, and at dinner and supper, tea—all of which she declined. The second morning, as she refused the coffee, her hostess said to her, with some sharpness:—

"Are you going to preach to me at every meal in regard to the use of tea and coffee?"



"Preach to you?" the doctor mildly repeated; "why, I haven't said a word."

"I know it," said the hostess, "but you preach every time you refuse a cup. I suppose you think that we temperance workers should not use tea or coffee, but I could not begin to do my work without it; and just think what it would mean to go through the strain of a State or national convention without these drinks."

"Yes," was the smiling reply; "and think what it would mean to a man to go through the strain of a political convention without alcoholic drinks!"

"You don't mean to compare tea and coffee with alcohol!"

"I believe science places them quite in the same category," replied the doctor; "—as nerve poisons and narcotics. I fear if the truth were told, we should find that we temperance women are a great deal more anxious to take the 'bottle from our neighbour's lips' than the cup from our own."

Probably every right-minded person will admit that healthy people do not need artificial stimulants or narcotics any more than they need pills or nostrums, and any habit which tends even in a very slight degree to enslave is harmful.

### Breakfasts in Summer.

BEGIN the day on a good breakfast. The work will go easier. A good breakfast, especially in summer, should consist of light, nourishing food.

On a warm morning in August, why fill the house with the fumes of fried bacon, when the market teems with delicious fruits and cereals and nuts?

Poached eggs on toast will nourish the system equally as well, and not overload it with more fat than it needs.

Fruit in every form is an excellent breakfast food. The familiar banana is well adapted for summer use, and should be a staple in every home. Apples and

cherries are also admirable, and so are all the rest.

Fruit may be taken raw, if ripe and in good condition. In fact, its juices are most effective as germ-destroyers when uncooked.

Fruit toasts are delicious, and very easy to make. Grape juice or the juice of any other fruit is brought to the boil, very slightly thickened with corn-flour, and then poured over pieces of bread which have been toasted crisp throughout.

If fruit is cooked it is well not to put too much sugar into it. Sugar is an artificial and highly concentrated food, and its free use tends to cause biliousness.

#### Suggestive Menus.

Blanched Roasted Almonds.

Toasted Granose Biscuits.

Apples. Cherries.

Poached Eggs on Toast. Health Coffee.

Strawberries and Cream.

Brown Bread.

Gooseberry Toast with Ground Nuts.

Wholemeal Wafers. Oranges.

Gluten Porridge with Cream.

Nutarian Cakes. Wholemeal Biscuits.

Fresh Fruit.

Biscuits of various kinds are most useful in summer. Well chewed and taken along with fruit, they easily replace fruit pies and other pastries likely to be difficult of digestion.

Nuts are not used nearly so much as they deserve to be. Combining in most palatable form large percentages of proteid and emulsified fats, they yield concentrated nourishment of a most valuable kind, and should form a staple on every breakfast-table. They must, however, be carefully chewed, otherwise they are very likely to give trouble. Almonds and pine-kernels are among the most valuable.

A breakfast of fruit and hard bread, with a few carefully chewed nuts, will send the business man to his office with a feeling of buoyancy and energy to which most adults are strangers.

# A Page for Women.\*

Conducted by Marie Blanche.

I HOPE my readers will not charge me with a too persistent dwelling upon the cult of beauty and the care of the person in general if I say a few words this month about paying special attention to these matters during the holiday season; for there is no time in the whole year when the toilet seems to suffer so much real neglect as the time when we are holiday making. It is true that clothes do occupy our minds very greatly at this season, but though fine feathers are said to make fine birds, it is quite certain that elaborate or expensive clothes do not make pretty women; so please do not imagine that a neglected complexion, or hastily dressed hair, can in any sense be atoned for merely by smart clothes. If girls would just spend a little more time, and sometimes a little more money, on the actual care of the person, and fritter away less of both these commodities on foolish and generally very perishable finery, they would be rewarded very soon by both looking and feeling a great deal better than many of them do.

Take as an instance the girl who has to earn her own living, the typist, the shop-girl, the schoolteacher, or the little maid of all work, each of which must apparently have her feathers and chiffons, her lace blouse and befrilled petticoat, ribbons, flowers, sequined belts, and cheap jewellery. Most of her pocket-money goes to provide her with things of this kind. But look at her person, her ill-kept skin, unbrushed hair, neglected teeth, and perhaps coarse, begrimed hands and finger-nails. Turn to her toilet-table, and see the impure though probably strong-scented soap with which she essays to clean her face, the pot of crude vaseline, cheap and injurious to any delicate skin, look at the unwashed hair-brush and comb, the worn-out implement bearing but faint resemblance to its former self, which by sheer right of age and incapability should long since have been pensioned off to make room for a clean and sanitary toothbrush. Mark the absence of any proper dentifrice or mouth wash with which to cleanse and preserve those priceless pearls which we are told are our first and last enemies. Our first enemies they may indeed have been; our last they need never be if we take time by the forelock, and keep a vigilant eye upon even the tiniest cavity. A little attention and a few shillings spent on these things

are well invested, and it is wiser even, if need be, and pocket-money is scarce, to go without your new hat or lace blouse, and to supply your toilet-table with those little dainty necessities that so wonderfully improve the skin, the hair, and the teeth.

Moreover, I stoutly affirm—for my convictions are well founded—that guineas paid to a reliable and trustworthy dentist are an investment more profitable a thousand times than the same sum paid out for muslin frocks and feather boas. When age creeps on apace, when your muslins and chiffons have made their final and undignified exit in rags and tatters long times ago, the real, substantial comfort, the hygienic virtue, and the beauty of well-preserved teeth, white, sound, and strong, will enhance the charm of your smile, and the sweetness of your expression. And then, to come down to matters mundane and purely practical, a set of well-kept "grinders" will enable you to masticate your food properly, and far more comfortably than those of the artificial variety, which from all I can gather never seem to fit their owners with any very great degree of success. Remember "a stitch in time saves nine," and a visit to the dentist now may save you a dozen later on.

## Answers to Correspondents.

F.A. (Hove)—I answered your question about the Good Health Adjustable Bodice in last month's magazine. You must send your waist, bust, and hip measurements, when ordering, to Good Health Supply Department, Caterham Valley, Surrey.

"ELVARINA" (Granada)—You omitted to enclose stamp with your question, therefore a reply could not be sent privately. I shall be delighted to give you any help in home dressmaking if you will tell me what it is you are going to make.

C.L. (Camberley)—The best hair tonic is regular brushing and friction with the finger-tips. Electric treatment is also excellent. There is a lady in London who makes a speciality of treating the hair with electricity, and if you are likely to be in town I will give you her address. For ulcers in the mouth you should have medical advice. Neglect of the teeth will induce an unhealthy condition of the gum and mouth generally, so you should be careful in this respect. To help to gain plumpness you may take plenty of farmhouse fare—good butter, milk, cream, eggs, and home-made wholemeal bread.

M.H. (Birmingham)—The stain or dye you mention you had better discontinue. These things are often very injurious. You are correct in assuming that I shall not advise a hair dye. I object to dyed hair mainly from the artistic point of view. Our grandmothers knew well the beauty of grey hair when they wore powdered wigs, for there is nothing more becoming to a face that has lost its youthfulness than soft, grey or white hair. You could, if you are determined to stain your hair, make a preparation

\*Correspondents are requested to enclose a stamped envelope with the questions, as it is often necessary to answer by post. Address Marie Blanche, Sunnyview, Caterham.